



SAATH

Creating Inclusive Societies



Food Kits for Forgotten Lives

Prepared by:
Saath Charitable Trust
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ABOUT SAATH

Saath Charitable Trust is a Gujarat-based non-profit organisation founded in 1989 by Mr. Rajendra Joshi. It works to empower vulnerable urban and rural communities by developing inclusive and sustainable solutions in the areas of livelihood, education, health, governance, and child rights. With over three decades of grassroots engagement, Saath has enabled thousands of individuals—especially women, youth, and marginalised groups—to build better futures through capacity-building, entrepreneurship support, and integrated development models. Recognised for its participatory and community-driven approach, Saath collaborates with local institutions and government agencies to ensure long-term, scalable impact.

Ration Kit Programme

The Ration Kit programme supports vulnerable families who face food insecurity due to financial hardship, health challenges, or sudden crises. Many households in informal settlements struggle to meet their daily nutritional needs because of irregular income and limited earning opportunities.

The programme provides immediate relief by ensuring access to essential food supplies for one month. This support helps families reduce their monthly food expenses and use their limited income for other urgent needs such as healthcare, education, and rent.

Each ration kit is valued at ₹1,500 and is designed to support a family of 3–4 members for approximately one month.

What the Kit Includes

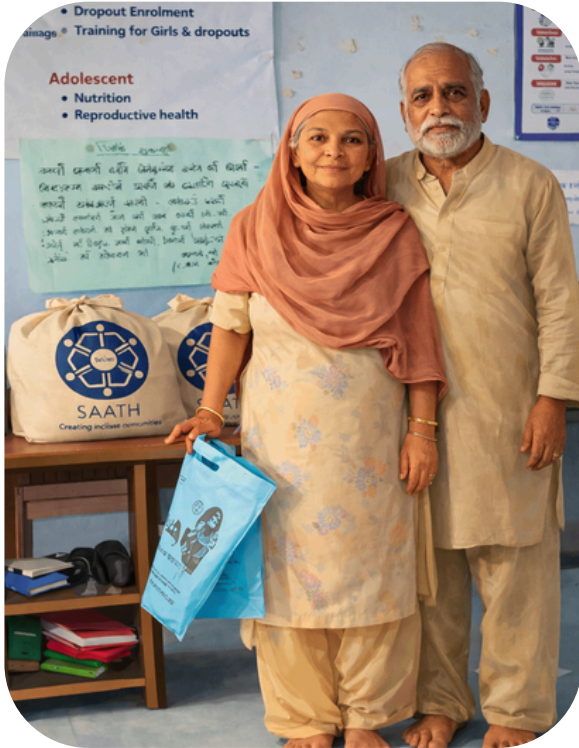
Each kit includes essential food and household items such as rice, wheat flour, pulses, cooking oil, sugar, salt, tea powder, jaggery, spices (turmeric, chilli, and coriander), besan, poha/semolina, and soap. The distribution of these kits ensures short-term food security and provides relief to families during periods of financial distress.

Beneficiary Reach

So far, Saath has supported 8,500+ individuals across multiple locations, including Ahmedabad, Sanand, Jaipur, Varanasi, and Mundra, bringing relief to families facing hunger and malnutrition.

Case Stories

Standing by the Elderly in Times of Need



Representative image created using AI to safeguard identity.

Roshani (name changed), aged 61, lives with her 70-year-old husband in the slum settlements of Ahmedabad. They have three children, but none of them provide financial support. Her husband suffers from a neurological condition and is unable to work, while Roshani earns approximately ₹2,000 per month working at a hospital. With such limited income, the couple struggles to meet basic household needs and often purchases food in very small quantities.

Due to their financial and health challenges, they find it difficult to secure regular food and essential supplies. The organisation supports them with a ration kit containing essential food items, which provides relief for six months. This assistance helps them save on food expenses and allocate resources toward healthcare and other necessities, bringing them comfort, dignity, and peace of mind.

A Ray of Support in a Time of Grief

Rituben (name changed), aged 30, lives with her two young children, aged 10 and 3, and her 65-year-old mother-in-law in the slum settlements of Ahmedabad. On 28 August 2025, her husband meets with a serious road accident and succumbs to severe head injuries the following morning.

Since his sudden demise, the family faces significant financial and emotional hardship. Rituben is unable to work due to the young age of her children. Her elderly mother-in-law earns a small and irregular income by lifting loads at the vegetable market, which is insufficient to meet their basic needs.

Saath supports the family with a ration kit containing essential food items, providing immediate financial and emotional relief. Rituben expresses heartfelt gratitude to the organisation for supporting her and her children during this difficult period.



Representative image created using AI to safeguard identity.